Mudslide victims remembered

Father and his two daughters were living the dream PAGE 3

IT'S MILLER TIME

WHITECAPS HOPE THE ADDITION OF SCOTTISH NATIONAL WILL GIVE TEAM'S OFFENCE A BIT OF A BOOST PAGE 20

VANCOUVER metro®

Tuesday, July 17, 2012

News worth sharing.

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Homecoming pride for BEAUTY QUEEN

Jenna Talackova competes in the bikini portion of the 2012 Miss Universe Canada in May in Toronto. The Vancouver beauty queen, named Miss Congeniality in the Miss Universe Canada pageant, will be this year's grand marshal at the annual Pride Parade. Other grand marshals include Bill Monroe and David Holtzman (posthumous). For more, see page 4. LUCAS OLENIUK/TORSTAR NEWS SERVICE FILE

Chinese Canadians put pressure on premier

Words matter. Group says apology from Clark is 'inescapable'

SUZANNE MA
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Chinese Canadians say they're expecting a formal apology from Premier Christy Clark acknowledging the province's role in the discrimination and disenfranchisement of British Columbians of Chinese descent.

"An apology is inescapable. It's a must," said Bill Chu of the Canadians for Reconciliation Society.

But on Monday, the premier's spokesman, Mike Morton, could only say that an apology was "under consideration." He could not elaborate on when that apology might be made.

While the federal government formally apologized in 2006 for the use of the head tax and the exclusion of Chinese immigrants to Canada, no official apology has ever come from the province.

"Imagine how frustrating it can be for any citizen if your own history is not acknowledged," Chu said.

The history of the Chinese in British Columbia is one punctuated with racial tension, violence and a long struggle for equality. As soon as the construction of the Canadian Pacific Railway was completed in 1885, it was British Columbia that pressured the federal government to pass laws to stop Chinese immigration. The province even collected half of the head-tax levies during some years.

In British Columbia, employers were punished for hiring Chinese workers, the Chinese were forbidden to vote in provincial elections and while land was given away to new settlers, the Chinese had no share in it. In Victoria, the school board even created a segregated school for Chinese students.

Morton said on Monday that the premier was "well aware of the matter and recognizes the significance to Chinese Canadians."

In May, Chu and his group were given a draft of the apology by Liberal backbenchers Richard Lee and John Yap. But Chu called the draft "insincere."

"The province played a role in the systemic discrimination of the Chinese, from legislation to statements made in the legislature," Chu said. "It's not as simple as saying 'sorry' and moving on." Chu said he was particularly unhappy with the draft using the word "hardship" to describe what Chinese-Canadians have endured.

"Anyone who comes to this country experiences hardship. This was racist policy directed specifically at the Chinese," Chu said.

In 2009, California passed a bill to apologize to Chinese-Americans for the state's racist laws enacted as far back as the Gold Rush. And in 2010, the City of New Westminster formally apologized to its Chinese-Canadian community after unearthing evidence in the city archives of racist policies spanning 66 years.

"We are not going to just put our heads in the sand," Chu said.

Quoted

"A whole wave of awakening is happening. It's time for the B.C. government to step up."

Bill Chu, of the Canadians for Reconciliation Society

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Johnsons Landing.
Sisters, dad remembered following mudslide

As young girls, Diana Webber and her little sister Rachel would trek into the bush in B.C.'s remote Interior for overnight camping trips. It made their mother nervous, but their outdoor-loving father cheered them on.

As they grew, Diana would grab a map, pick a random spot and navigate there, while Rachel was busy making friends with just about everyone she could in their hometown of Johnsons Landing, a tiny hamlet in southeastern B.C.

The sisters' next plan was to travel to a historic island near Ireland this fall, sleep in shuttered stone cottages and then depart by sailboat. The adventure was to serve as inspiration for a documentary they planned to make together.

Instead, their relatives are left mourning the lost futures of 22-year-old Diana, 17-year-old Rachel, and their 60-year-old father, Valentine, who were killed along with a German traveller when a massive landslide tore through the area last Thursday.

A body believed to be that of Valentine Webber was recovered on Sunday, when police and search-and-rescue officials acknowledged there was no hope anyone survived the landslide. His daughters remain missing, as does German national Petra Frehse, 64, who was a longtime vacationer in the community.

The RCMP and the BC Coroners Service confirmed Monday afternoon the remains of a second person, a female, had been located. The person's identity was not released.

THE CANADIAN PRESS

Dr. Julio Montaner, director of the B.C. Centre for Excellence in HIV/AIDS, wants the feds and provinces to work together to virtually eliminate HIV/AIDS.

B.C. CENTRE FOR EXCELLENCE IN HIV/AIDS/FERNANDO PRADO

'No real teeth' to current HIV strategy, says expert

Letter sent to leaders.
B.C. doctor urges feds, premiers to cover treatment and lab costs for HIV/AIDS

KATE WEBB
kate.webb@metronews.ca

B.C.'s foremost expert on HIV/AIDS is calling on the federal government to work with the provinces to shape a national strategy that would eliminate all patient costs for treatment and laboratory monitoring.

Dr. Julio Montaner, director of the B.C. Centre for Excellence in HIV/AIDS and past president of the International AIDS Society, sent a letter to the prime minister and premiers nationwide Monday morning, urging them to sign the official declaration of the upcoming International AIDS Conference, which is being held in Washington next week.

"If tomorrow there was a pandemic of flu in the country, there would be a national response to it. The public health agency of Canada plays a key role in setting leadership for national programs," Montaner said.

"There is no effort on the part of the federal government to do anything to control HIV that is of any meaning at the present time. The HIV strategy has no real teeth or substance to it."

He said that B.C. is the only province where treatment and lab monitoring are 100 per cent covered by public-health programs, and that, as a result, HIV deaths in the province have dropped by 90 per cent since 1996, and the number of new infections has dropped by 60 per cent.

Everywhere else in the country those numbers have remained stable, he said, or are rising, as in the cases of Newfoundland, Saskatoon and the Ottawa area.

He said the stigma of the diseases is already enough that about a third of those in B.C. who know they are infected choose not to seek treatment. He argued that co-payments and deductibles charged in other provinces are a further deterrent for poor and mentally ill patients.

Anti-HIV drugs, known as highly active antiretroviral therapy (HAART), can reduce transmission rates by as much as 96 per cent, according to the centre, with the viral load in the body decreasing to almost undetectable amounts.

Montaner's made-in-B.C. Treatment as Prevention strategy has been adopted by the governments of China, San Francisco and Washington, D.C., as well as in the Bronx.

The prime minister's press secretary, Julie Vaux, said her office had no comment on the B.C. program, as the delivery of health care is a provincial responsibility.

"For its part, the federal government is providing record levels of health-care funding to the provinces," she wrote in an email to Metro.

Follow Kate Webb on Twitter @MetroK8

1 NEWS

On the web

How not to steal laughs at the pump

A cartoon presented by Enbridge at a conference had critics wondering if the company was trying to single out certain Persian Gulf countries as unethical oil sources compared to Alberta. Click on metronews.ca to read the energy giant's explanation of a scowling gas pump.

Mobile news

Revellers lavishly dressed as various mythological Hindu deities took part in the Bonalu festival in Hyderabad, India. Scan the code to view the gallery of colourful costumes.

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Kiss of love at the Blarney Stone

Dating series, Part 2.
Couples who met in Vancouver offer advice to fed-up singles

KATE WEBB
kate.webb@metronews.ca

Vancouver has been getting a bad rep in the press as a city where it's difficult to find love, yet somehow plenty of compatible Vancouverites meet every day and go on to forge lasting relationships.

Rebecca Hodder, 29, has lived in Vancouver for six years, and while she dated sporadically for the first five, she had never had a serious boyfriend.

"I was happy being single, but I did, I guess, long for companionship," she told Metro.

"I wasn't necessarily desperately seeking, but obviously everyone wants to find love."

One night last spring she was out at the Blarney Stone in Gastown when everything changed. A pair of frisky Irishmen had been eying her group of friends, and one of them — her future husband's wingman — came over to their table.

"His buddy brought a beer over and said, 'Do you want to come and join our table?' and then I went over to the table and instantly started talking to Shane," she said.

The two drank, danced, exchanged numbers, and three days later had their first date.

"After the third date, I think it was pretty much on," Hodder laughed.

Nine months later they married in a small, elegant ceremony at a friend's home.

Hodder, who works in commercial-equipment leasing, said nothing changed about her approach to dating before she met her carpenter husband, Shane: "I just didn't meet the right one."

She happily offered her advice for singles fed up with the city's dating scene.

"Just remain optimistic, and try to not put so much urgency on finding a mate," she said. "Remain social, because that's the easiest way to find someone, is just to be out there. If you're not finding joy in your day-to-day life with your friends, then you're probably not going to be open to the opportunity of meeting someone."

Vancouver dating

Tomorrow in Metro's week-long look at dating:

- Vancouver's top dating services

Rebecca Hodder was mostly single in Vancouver for five years before meeting her husband at the Blarney Stone last spring. METRO/CONTRIBUTED/JOHN PIGEON

FOR ADVICE FROM OTHER FORMER SINGLES, READ THE EXTENDED VERSION OF THIS STORY AT METRONEWS.CA.

Transgender beauty queen to lead Pride Parade

Jenna Talackova shared the award for Miss Congeniality at the 2012 Miss Universe Canada competition in Toronto. LUCAS OLENIUK/TORSTAR NEWS SERVICE

The first transgender person to compete in a Miss Universe pageant will be blazing a new trail as this year's Pride Parade grand marshal.

Pride organizers announced that Vancouver beauty queen Jenna Talackova will be leading festivities at the annual parade through the West End Aug. 5.

"Jenna, a local Vancouverite, refused to be discriminated against and fought alongside top feminist lawyer Gloria Allred to be treated fairly and equally," organizers say on the parade's website.

Talackova became a household name and made international headlines after initially being disqualified from the Miss Universe Canada pageant for not being a naturally born woman.

But public pressure eventually forced Miss Universe and its owner, Donald Trump, to rewrite their rules to allow transgender people to compete.

Joining Talackova as grand marshal is Bill Monroe, a longtime advocate for queer sport, co-founder of the Starry Night fundraiser for People with AIDS, and renowned female impersonator.

David Holtzman, the former director of A Loving Spoonful and the Vancouver Queer Film festival, has also be given the honour posthumously. The community leader and activist died earlier this year from a heart attack while vacationing in California. MATT KIELTYKA/METRO

Top 12

- Talackova made it to the Top 12 in the Miss Universe Canada pageant earlier this year and won the Miss Congeniality award.

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Spicy 'boudoir' portraits celebrate the female form

Picture this. Photos are meant to be classy, not trashy, Vancouver photographer says

SUZANNE MA
vancouver@metronews.ca

Imagine stripping down to your push-up bra and lace panties and posing for a stranger aiming a giant camera lens your way.

More and more Vancouver women are doing just that, thanks to a few city wedding photographers who capture a little more skin than a bridal gown might reveal.

"A lot of women in Vancouver are really good at taking care of themselves by going to the gym or to yoga," photographer Barbara Chung said. "More women need to reward themselves and celebrate how beautiful their forms can be."

Chung, who has photographed more than 100 women in boudoir style since she started offering the service in Vancouver two years ago, said many clients intend to give the portraits as gifts to their partners.

"They want to spice things up for a birthday or an anniversary, instead of buying a new shaver or a tie or cufflinks," Chung said. "But it turns into a gift for themselves."

For Tanja A., her boudoir photo shoot gave her a confidence she didn't know she had.

"It gave me an ego boost," the 28-year-old Vancouver woman said. "It's really nice to see yourself and to know that you can look like that if you want to."

Tanja said the key to a successful boudoir shoot is to work with a photographer you trust and feel comfortable with.

Chung, who works out of her Yaletown studio, emphasized that the photos are meant to be classy.

"You don't have to be naked to be sexy. I think some of the sexiest photos are the ones that leave a bit more to the imagination."

Chung has photographed women of all shapes, sizes and ages. Her youngest client was 21 and her oldest, 55.

"The older woman was just so comfortable with her body and I thought that was really exciting," Chung said. "It's about taking the time to treat yourself. It's all about embracing your body."

Online

- Check out a gallery of Vancouverites baring all for the boudoir at metronews.ca.

More and more Vancouver women are stripping down for a boudoir photo shoot. The photos can be a good "ego boost," says one local photographer. COURTESY OF BARBARA CHUNG PHOTOGRAPHY

Search for missing filmmaker intensifies

A full-scale search for an American documentary filmmaker continued Monday in northern B.C. as concerns for his safety grew.

Warren Andrew Sill, 26, of Ohio, has been missing since July 5 after telling family and friends he planned to spent five days in the woods at Whiskey Creek Trail to capture spirit bears on film.

A helicopter, RCMP dog team and scores of volunteers are helping search-and-rescue crews, but police say they're worried about the inexperienced hiker.

"The concern is that this young man was out there and not equipped for the terrain," RCMP spokesperson Const. Lesley Smith said. "It could be a case of him not being able to get his bearing right. In that case, being dehydrated will affect his well-being. He'd be disoriented if he hasn't kept up with fluids and nutrients." She said the terrain is extremely challenging and features many drops and other hazards.

Sill's cellphone and tent were left in his vehicle, which was found abandoned at the entrance of the trail. Anyone with information about his whereabouts is asked to call 911 immediately. MATT KIELTYKA/METRO

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Limbo. Premier's position on pipeline not yet definite

British Columbia's premier is continuing her tough talk about Enbridge's proposed Northern Gateway pipeline project, but she says she's still not ready to make any conclusions about it.

Premier Christy Clark says officials from her government will pose questions about the project at the National Energy Board's ongoing joint review panel hearings, where the province has intervener status.

Clark says she's still deeply concerned about a report issued last week detailing the environmental devastation caused by a massive oil leak from an Enbridge pipeline in Michigan. The report outlined a list of failings by the company, both in the years leading up to the spill and during the disaster itself.

The province's New Democrats have said they are opposed to the project, but the Liberals have so far refused to take a position either for or against it. Enbridge plans to construct a twin pipeline from the Edmonton area to Kitimat, on B.C.'s northern coast, where oil will be shipped by super tankers to Asia.

THE CANADIAN PRESS

Stabbing. Prosecutor named in death of man linked to Lt.-Gov.

A special prosecutor has been named to investigate a fatal stabbing in Kamloops in which the victim was the estranged son-in-law of B.C. Lt.-Gov. Stephen Point.

Twenty-nine-year-old Jessie Seymour was killed in a stabbing during a fight at a house party early Sunday morning.

Twenty-nine-year-old Torbin Alec is charged with second-degree murder.

The Criminal Justice Branch says Kamloops lawyer Robert Bruneau has been appointed as the special prosecutor in the case because of Seymour's relationship to Point and to avoid any perception of improper influence.

As special prosecutor, Bruneau will provide independent oversight of the case, including reviewing the charge-approval process, offering advice to the police and handling prosecution of the accused and any subsequent appeal.

THE CANADIAN PRESS

Environment

Victoria gets new sewage treatment

A new sewage treatment system costing almost a billion dollars has been announced for the Victoria region.

The cost of the $780-million project is being shared by the federal and provincial governments, and the Capital Regional District. The Victoria region has been criticized for dumping raw sewage into the ocean. The governments say this will bring the region in line with environmental standards. THE CANADIAN PRESS

Mudslide

Stranded campers can hit the road

Nearly 500 people who were trapped in an RV park by a mudslide in Fairmont Hot Springs in southeast B.C. are heading back on the road. No one was hurt, but a bridge was washed out and the RV park was cut off when water and mud came gushing through the resort community Monday. Resort spokesman Marke Dickson says crews worked all night to divert the water from the road. THE CANADIAN PRESS

A 1,000-pound cappuccino cup was installed in Grandview Park last week. CONTRIBUTED BY CHRISTINE HAYVICE

Giant coffee cup piques curiosity

Java investment. The 1,000-pound, one-metre-tall art installation cost the CDBS $10,000

KATE WEBB
kate.webb@metronews.ca

If you're walking down Commercial Drive after patronizing one of its many cafés and see a gleaming-eyed child pop out of a giant cappuccino cup, don't worry: You're not having a caffeine-induced hallucination.

A 1,000-pound public-art installation, paid for by the Commercial Drive Business Society (CDBS), was installed in Grandview Park last week with assistance from the Vancouver Park Board.

CDBS president Carmen D'Onofrio said the giant cement cup will be painted a brilliant azure blue by the end of the month.

"There's a great café culture on the Drive that's always expanding and changing," D'Onofrio said when asked why his board decided to invest $10,000 in the one-metre-tall cup.

"I also think it ties into the roots of the European immigrants that came and helped build this neighbourhood, whether Italian, Portuguese, Spanish, French: people that always enjoyed good cups of coffee."

The board is now watching public reaction closely so it can decide whether it wants to keep the vessel as is, or fill it in.

"When I was there just the other day, there were two kids that were in there taking photos, which is a great idea, but then there's also been discussion where maybe we should use it as a planter, and fill it with dirt and put flowers," D'Onofrio explained.

"Then you lose the photo-op maybe, but it adds to the green space."

The society is hoping to eventually install two or three more cups on the Drive, he said, which means in time both versions might appear.

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U.S. lawyer may be called as witness in Magnotta case

Body-parts murder. Romeo Salta says he met with accused killer, who complained of being abused by a mystery man

A lawyer who heard Luka Rocco Magnotta make allegations about being repeatedly abused and forced to have sex with animals says he could be called as a witness at his murder trial.

Romeo Salta, who says he met with Magnotta several times at his Manhattan office in the winter of 2010-11, told The Canadian Press he was informed of the possibility by the defence team last week.

Magnotta, 29, is now facing multiple charges, including first-degree murder, in the May slaying and dismemberment of Montreal university student Jun Lin. He has pleaded not guilty to all counts and is due back in court next March.

A day before Salta was told he might be called to testify, the attorney spoke to a reporter about Magnotta's assertions that he was frequently abused — physically, emotionally and sexually — by a mysterious acquaintance known as "Manny."

Salta insisted that Magnotta gave him his blessing to go public with the disturbing details of the alleged attacks, if he were ever arrested or killed. The lawyer said Magnotta wanted people to know his side of the story.

But two days after discussing his exchanges with Magnotta, Salta indicated he's been told to say no more.

He declined to answer follow-up questions because of a conversation he said he had with Magnotta's lead defence counsel, Luc Leclair.

"Consequently, I have been advised not to disseminate any further information than what has already been said, especially when it comes to 'Manny,'" Salta wrote in an email.

Leclair did not immediately return a message asking about Manny and whether Salta could be a witness.

Salta recalled that a frightened Magnotta first contacted him in December 2010 or early January 2011 over concerns police were closing in on him amid a swirl of animal-cruelty accusations.

THE CANADIAN PRESS

Email exchanges

- The Canadian Press obtained several emails Salta said he received from Magnotta over the weeks that followed their first meeting. All are dated from January 2011, more than a year before Lin's death.

Ultra-Orthodox Jews rise against draft attempts

Handcuffed ultra-Orthodox Jews participate in a protest in Jerusalem on Monday against attempts to draft members of the cloistered community into the Israeli military. Thousands of ultra-Orthodox Jews, including hundreds of children, have been protesting. The government is currently trying to find a formula to obligate ultra-Orthodox Jews, who are currently exempt, to serve in the military before a court-determined Aug. 1 deadline. ODED BALILTY/THE ASSOCIATED PRESS

ALBA Grand Opening – Noon July 21st

First 300 registrants to visit the ALBA sales centre from now until the grand opening will receive a voucher for an exciting London Drugs Gift bag valued at $50

*Bags are to be picked up at the ALBA sales centre on July 21st

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Syrian rebels push into Damascus

Fierce clashes. Amidst fighting in the capital, international efforts mired in disagreement as Russia continues to resist UN resolution

Syrian rebels fired grenades at tanks and troops while regime armour shelled Damascus neighbourhoods on Monday, sending terrified families fleeing the most sustained and widespread fighting in the capital since the start of the uprising 16 months ago.

A ring of fierce clashes nearly encircled the heavily guarded capital as rebels seeking to overthrow President Bashar Assad pushed the civil war that has been building in Syria's impoverished provinces closer to the seat of power.

While the clashes were focused in a string of neighbourhoods in the city's southwest, for many of its four million people the violence brought scarily close to home the strife that has deeply scarred other Syrian cities.

In high-end downtown cafés frequented by the business and government elite tightly bound to the Assad regime, customers watched as black smoke billowed on the horizon and the boom of government shells reverberated in the distance.

"Without a doubt, this is all anyone is talking about today," a Damascus activist who gave his name as Noor Bitar said via Skype. "The sounds of war are clear throughout the city. They are bouncing off the buildings."

Syria's violence has grown increasingly bloody and chaotic in recent months as the uprising has morphed from a peaceful protest movement seeking political change into an armed insurgency seeking to topple the regime by force.

Anti-regime activists say more than 17,000 people have been killed, and the government says it has lost more than 4,000 security officers. It does not provide numbers of civilian dead.

International diplomacy has failed to stop the violence, and world powers remain deeply divided over who is responsible and how to stop it.

The U.S. and many Western nations have called on Assad to leave power, while Russia, China and Iran have stood by the regime.

On Monday, Russian Foreign Minister Sergey Lavrov accused the West of using blackmail to secure a UN Security Council resolution that could allow the use of force in Syria.

He said Russia had been told that if it opposed the resolution, Western nations would not extend the mandate of a UN mission sent to Syria to monitor a ceasefire.

"We consider it to be an absolutely counterproductive and dangerous approach," Lavrov said.

THE ASSOCIATED PRESS

Rising toll

17,000

Anti-regime activists say more than 17,000 people have been killed in the uprising since it first began 16 months ago.

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Study. YouTube now a major news platform

Changing media. TV news still dominates, but video-sharing site emerging as place to go in times of big events

Details

- More than a third of the most-watched videos came from citizens.
- More than half came from news organizations, but footage in those videos sometimes incorporated footage shot by YouTube users.

A new study has found that YouTube has become a major platform for news, one where viewers are turning for eyewitness videos in times of major events and natural disasters.

The Pew Research Center's Project for Excellence in Journalism on Monday released its examination of 15 months of the most popular news videos on the Google Inc.-owned site.

It found that while viewership for TV news still easily outpaces those consuming news on YouTube, the video-sharing site is a growing digital environment where professional journalism mingles with citizen content.

"There's a new form of video journalism on this platform," said Amy Mitchell, deputy director of the Pew Research Center's Project for Excellence in Journalism.

"It's a form in which the relationship between news organizations and citizens is more dynamic and more multiverse than we've seen in most other platforms before."

The Japanese earthquake and tsunami was the most-viewed news event during the length of the study, which spanned January 2011 to March 2012. The top videos from Japan included footage from surveillance cameras, a news network and a Japanese Coast Guard vessel — a typical variety of sources.

"One of the things that emerges here is the power of bearing witness as a part of a news-consumption process," said Mitchell. "Many of the most-viewed stories that we're looking at here have real powerful imagery around them." THE ASSOCIATED PRESS

Ninety-year-old has more fun than you

Lester Slate, right, a 90-year-old from Exeter, Maine, sits on the ground after his first skydiving jump, made in tandem with instructor Matt Riendeau at a skydiving school in Pittsfield, Maine, on Sunday.

KEVIN BENNETT/BANGOR DAILY NEWS/THE ASSOCIATED PRESS

Alleged harassment

Judge's accuser grilled in court

A man who says he was sexually harassed by a Manitoba judge faced accusations Monday that he is no innocent victim, but rather someone who is interested in sexual dalliances and has a history of suing people.

Alexander Chapman was the first witness to testify at an inquiry into Lori Douglas, a Court of Queen's Bench justice whose sexually explicit photos wound up on a website after her husband posted them without her knowledge.

THE CANADIAN PRESS

B.C. woods

Filmmaker missing

RCMP in northern British Columbia are searching the woods for a documentary filmmaker from the United States.

Warren Sill from Ohio was filming a documentary on a group of black bears that inhabit the area. Sill said he would be gone four or five days, but his parents say they haven't spoken to him since July 4.

THE CANADIAN PRESS

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"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."*

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

But don't believe me. You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

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European Central Bank

Number of counterfeit euro bills drops

The European Central Bank says the number of counterfeit euro bills fell 15.2 per cent in the first six months of the year compared with the first half of 2011, with €20 and €50 notes being the most commonly forged.

The Frankfurt-based bank said Monday that the two bills made up 77 per cent of the 251,000 counterfeit bills detected.

It says the overall number of counterfeit bills makes up a small fraction of the approximately 14.6 billion in circulation during the first six months.

THE ASSOCIATED PRESS

The €20, and €50 notes are the most commonly forged, the European Central Bank says. THE ASSOCIATED PRESS

Glitch

Skype says bug affected small number of users

Online calling service Skype is confirming a bug that has caused instant messages to be sent to the wrong contacts.

Skype, which is owned by Microsoft Corp., said in a statement Monday that only a "small number of users" are affected. It called the bug a "rare occurrence" but did not go into details about what caused it or exactly how many people were affected.

Skype says it will send out a software update that fixes the problem in the next few days. The bug was first described in Skype's online support forums and reported in various technology blogs.

THE ASSOCIATED PRESS

Goldman Sachs downgrades Tim Hortons to 'sell'

Wall Street. Increasing pressure in competitive market forces investment firm to lower rating of coffee-and-doughnut chain

Tim Hortons has been downgraded to a "sell" rating at Goldman Sachs over concerns that moderation in same-store sales could be a harbinger of more pressure in the hyper-competitive coffee market.

A note from analyst Michael Kelter at the Wall Street investment firm says he is concerned about early indications of "impending Canadian saturation" that could reflect increased pressure.

Slow growth

"Tim Hortons derives over 95 per cent of its operating profit in Canada, and growth into new geographies is coming at a somewhat moderate pace."

Analyst Michael Kelter at the Wall Street investment firm Goldman Sachs

"We see a five per cent downside in Tim Hortons shares versus a seven per cent average upside across the sector," he wrote.

He also expects the company might report a miss on same-store sales when it reports second-quarter earnings next month.

Earnings-per-share estimates were reduced to $2.72 from $2.77 for 2012, he said. Other reductions were made for 2013, with EPS down to $3.06 from $3.13, and to $3.34 from $3.48 in 2014.

The Canadian coffee market has faced a growing number of new entrants, including an expansion by Seattle coffee chain Starbucks and low-priced coffee and specialty drinks at McDonalds.

Tim Hortons has responded by expanding its menu to include a broader array of lunch offerings, including hot food, and new specialty drinks like frozen lemonade.

Kelter said he would consider re-evaluating his rating if there were signs of a sustained rebound in Canada, or if Tim Hortons escalated the timeline of its rollout in other countries.

THE CANADIAN PRESS

Touch-based controls coming for Office

Microsoft CEO Steve Ballmer speaks at an event in San Francisco on Monday. He unveiled a new version of the company's widely used, lucrative suite of word-processing, spreadsheet and email programs, one designed specifically with tablet computers and Internet-based storage in mind. Like an upcoming redesign of Microsoft's Windows operating system, the new Office will respond to touch as well as commands delivered on a computer keyboard or mouse. The addition of touch-based controls will enable Office to extend its franchise into the rapidly growing tablet-computer market. Apple dominates that market with the iPad, though Microsoft has plans to compete with its own tablet, called Surface.

JEFF CHIU/THE ASSOCIATED PRESS

Real estate. Canadian home resales drop in June

Canada's real-estate market is showing signs of cooling off, with national home sales and the average home price down year over year, indicators that have at least one senior economist wondering if the once red-hot market is entering a "Big Sleep."

The new data from the Canadian Real Estate Association follows several reports saying some real-estate markets and types of housing are overvalued, though there's a range of opinions about how much and how quickly prices will decline.

On Monday, the CREA reported the number of previously owned homes sold last month dropped 4.4 per cent from June 2011, the first annual decline since April 2011.

Resales of homes were also down 1.3 per cent in June from May, with a total of 46,444 transactions through CREA members.

That was down from 48,591 in June 2011, the association said. "It's showing early signs that the market is softening but it's still running pretty strong," said Gregory Klump, CREA's chief economist.

The numbers also suggest the market was softening before Finance Minister Jim Flaherty announced new mortgage rules on June 21 — a move the minister said was necessary because of the risk, among other things, of a housing bubble.

THE CANADIAN PRESS

Economy. Canada's slow growth continues: IMF

The International Monetary Fund is calling for further government action amid signs the recovery is faltering in many countries, though Canada's outlook has held up better than most other advanced economies.

The 188-country organization said Monday that it expects Canada's economy will grow modestly, by 2.1 per cent this year and 2.2 per cent next year — virtually unchanged from the IMF's forecast in April.

That's not the case in many parts of the world.

Growth-rates forecast

The Canadian growth rates forecast by the IMF are below the Bank of Canada's call of 2.4 per cent in 2012 and 2013, but in line with most private-sector economists, who have been downsizing expectations the past few months.

The IMF's July outlook warns that, after a better-than-expected start to the year, growth is slowing in many parts of the world, shaving two-tenths of a point off of the IMF's 2013 estimate, which falls to 3.9 per cent.

The 2012 growth estimate has also been reduced, by one-tenth of a point, to 3.5 per cent.

Overall growth in advanced economies is only expected to hit 1.4 per cent this year and 1.9 per cent in 2013, very weak levels, with some nations faring far worse.

THE CANADIAN PRESS

Market Minute

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READY TO RELINQUISH YOUR CREEPER ANONYMITY?

SHE SAYS...
Jessica Napier
metronews.ca/shesays

A collective groan was heard across the web last week when Facebook announced yet more changes are coming to the social-networking site. According to a July 11 blog post, Facebook Groups have been updated to allow users to see who has viewed each post within the shared group.

Back in June, a similar "seen by" feature was added to Facebook's mobile-messaging service to let users keep track of when messages had been read. It's an annoyance for pretty much everyone who has ever had an awkward conversation on the Internet.

Some Facebook fans are concerned that these public tracking features are just a step towards a more transparent interface across the entire site, giving friends the ability to see who has clicked through photo albums, wall posts, tagged photos and other individual profile materials. These recent updates may just be the beginning of some major changes that could eradicate our ability to browse the site anonymously.

Facebook frowners

"We're happy to relinquish all our juicy market-research details to third-party apps, but please don't take away our ability to lurk around the social network unseen."

Facebook has always been about connecting with your friends, but it has also had the underlying (and just as important) component of "creeping" through others' online activity without detection. More than likely, you don't really want everyone to know when you've spent hours looking at (and silently judging) your ex-boyfriend's tagged photos or cheesy wedding photo albums posted by long-lost high school friends. Any new features that track and report on your online activity will effectively ruin the guilty-pleasure aspect of the social-networking site.

Would you still creep if you knew the person you were creeping knew too? CONTRIBUTED

Facebook creeping has always been an ethical grey area, but users are happy to play along in the shared fantasy that we aren't cyber-stalking one another. And while the free service is something we voluntarily opt into, we tend to have a certain sense of entitlement when it comes to Facebook, a sort of naive sense of ownership over our online profiles. We're happy to relinquish all our juicy market-research details to third-party apps, but please don't take away our ability to lurk around the social network unseen.

Anonymous observation has arguably been one of the most important factors in Facebook's mass appeal. And while it wasn't too good to be true, it might have been too good to last.

It will be interesting to see if the recent information-sharing changes will pave the way for a major site-wide overhaul. Will users accept the new rules and adapt their browsing behaviour, or simply move on to something new in the fickle world of social networking?

Follow Jessica Napier on Twitter @MetroSheSays

Olympic horse is a-maize-ing

REX FEATURES

Olympic agriculture

Horse, rider seem to leap across field

Clearly one farmer is already reaping Olympic success. Graham Wadsworth, owner of Raines Hall Farm in England's picturesque Lake District, has created in a maize field the image of a giant horse and rider leaping over a jump in honour of Great Britain's equestrian team, which is highly favoured to win gold.

Every summer Wadsworth's farm becomes the Lakeland Maize Maze, welcoming more than 20,000 visitors. METRO

Graham Wadsworth, 41, is a farmer at Raines Hall Farm, Lake District, U.K. CONTRIBUTED

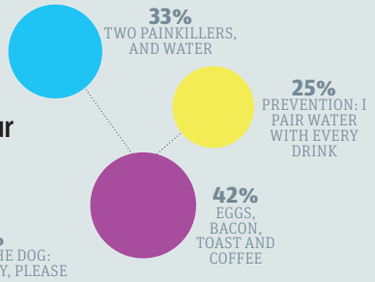
Maize maze: A how-to

- **How it was made:** "The pattern was first designed on a computer, then plotted using GPS. When using this technology, modern tractors can auto-steer and cut within an inch. I had a portable computer mounted on the tractor guiding me as I was carving out the design. You don't make a mistake using this sort of technology."
- **How it was done before:** "Before, when GPS technology was not available, I used a device called a fixed-point transmitter, which would relay information between a satellite and the moving tractor. It wasn't as accurate, and once, when the system batteries failed, one of the details of a design I was working on — the head of a llama — did not come out as I had planned!"
- **How it was done long ago:** "We drew the design on graph paper. After dividing it on the paper, we would cut the field square-by-square. In fact, the results could be better but it was more labour-intensive — it would take more than a week to complete."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

In light of patio season, what's your hangover remedy?



Twitter

@Ciaran_O: Kenny Miller signs for Vancouver Whitecaps. The most densely populated Canadian city just got a little more dense.

@OLTV: #Fringe heads back to work for their final season. Keep a look out for them filming around Vancouver.

@GrantWahl: Vancouver Whitecaps announce signing of Scotland captain Kenny Miller. Vancouver now using all 3 DP slots.

@sophiesumner: Loveeeeee Vancouver, tomorrow hiking the grouse grind early, see you all there x

@hancockubp: Vancouver Crazy storm in #Vancouver seems to keep up many people! Branches are hitting the windows ...

metro

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SCENE

Scene in brief

Baby No. 3 for Uma

It's a girl for Uma Thurman and her financier boyfriend. Thurman's representative confirmed on Monday that the actress gave birth. She did not release details, including the baby's name. Thurman, 42, has two older children, 13-year-old Maya Ray and 10-year-old Levon Roan, with ex-husband Ethan Hawke. This is her first with financier Arpad Busson. Busson has two sons with Elle Macpherson.
THE ASSOCIATED PRESS

Judges disciplined over Lohan case

A California oversight panel has disciplined two Beverly Hills judges for their handling of a Lindsay Lohan drunken driving case. Documents obtained by the Los Angeles Times show Los Angeles County Judges Marsha Revel and Elden Fox have been admonished by the state's Commission on Judicial Performance. The judges got what are called advisory letters, considered the lowest of disciplinary actions. The panel determined Revel improperly met alone with an attorney who wanted to take over Lohan's defence in the 2010 DUI case. Fox was found to have erred in denying the actress bail on a relatively minor charge and refusing to hear her attorney's arguments.
THE ASSOCIATED PRESS

On the web

E! Entertainment Olympics plan has its own Kardashian connection

Marvel confirmed a movie version of Guardians of the Galaxy at Comic-Con. HANDOUT

The ups and downs of Comic-Con 2012

Review. Our California writer looks at what this year's geek fest had to offer its fans — both bad and good

NED EHRBAR
Metro World News in Hollywood

Celebrities, artists, filmmakers and roughly 170,000 fans invaded San Diego for the annual pop culture Woodstock that is Comic-Con, where Hollywood rolled out teases and announcements for the next several years of film and TV properties over an exhausting four days. Most of the big reveals came in Hall H, the massive auditorium into which fans line up for days. So, was it worth the wait?

Biggest hits:

Marvel Entertainment: Riding into Comic-Con high on the wave of Avengers success, the comic book publisher turned movie studio announced a slew of new films, including sequels to Captain America and Thor.

And then Robert Downey Jr. danced into the Hall, blurring the lines between himself and Tony Stark, to unveil footage from next year's Iron Man 3.

In non-Avengers news, Marvel executive Kevin Fiege also confirmed a movie version of Guardians of the Galaxy, about an outer space-set team of mutants, aliens and a raccoon sworn to fight off interstellar threats.

Elysium: District 9 director Neill Blomkamp finally unveiled some of followup film, about a future in which the haves live it up on a space station while the have-nots toil on the dilapidated Earth below. Not only did Blomkamp stun the Hall H crowd with footage from the film, he also brought along Jodie Foster, a Comic-Con virgin and closet geek — Foster copped to being a huge True Blood fan.

Biggest misses:

The Host: While kicking off Comic-Con with a panel for the final Twilight film, the series' author, Stephenie Meyer snuck in a look at the film adaptation of her followup, the Host, directed by Andrew Niccol. The footage of the sci-fi story about alien possession left fans scratching their heads — and some walking out before the screening had finished.

Django Unchained: While it was awfully cool of Quentin Tarantino to bring his revenge western starring Jamie Foxx and Christoph Waltz to Comic-Con — despite it not necessarily being normal Comic-Con fare — there are a few things he didn't do: He didn't show off much new material, instead opting to show a seven-minute "sizzle reel" that had screened for insiders at Cannes, and he didn't stick around to talk to the press after the Hall H panel. One thing he did do? Put a damper on plans for Kill Bill: Vol. 3. Not cool at all, Quentin.

Go ask Alice. Ashley Greene talks about wrapping up Twilight

The Twilight film series has been something of a game-changer for Comic-Con. When the franchise paid its first visit, the influx of diehard female fans ruffled some fanboy feathers. Metro sat down with Ashley Greene, who plays vampire Alice Cullen in the series, about the series' last trip to San Diego.

How is the last Comic-Con for Twilight going?
It's good. It's as intense as ever. I looked at my schedule and was like, "Wow!" But then it's great. It's a great feeling to know the last film we're doing, the fifth movie, there's still so much interest in it and that people are still passionate about it, and I got to see fans that I saw the first time I came here.
NED EHRBAR

Ashley Greene HANDOUT

Walking Dead. San Diego succumbs to zombies to celebrate 100th issue

Despite all the superheroes, aliens and giant monsters around San Diego, this year the Comic-Con weekend belonged to the Walking Dead, the AMC show based on Robert Kirkman's comic book about surviving a zombie apocalypse.

The 100th issue of the comic hit stores last week, and fans got their first look at season three of the popular series, which debuts worldwide Oct. 14, including new cast-members Danai Gurira as Michonne and David Morrissey as the infamous Governor. "I'm getting a sense of (how big this is). It's fan base is massive, so I'm really over the moon to be joining," Morrissey tells Metro.

The enthusiasm for the show was evident outside the convention centre as well, with Petco Park turned into a zombie survival course — and the backdrop for a star-studded party celebrating the 100th issue. And fans in zombie garb were everywhere, coming together for a traffic-stopping "zombie walk" on Friday afternoon.

"Never underestimate Comic-Con," Kirkman says.
NED EHRBAR

DVD reviews

The Three Stooges

Director. Bobby Farrelly, Peter Farrelly

Stars. Sean Hayes, Chris Diamantopolous, Will Sasso

●●○○○

Easy to see why Bobby and Peter Farrelly wanted to make this irony-free homage to the second most revered clown troupe after the Marx Brothers, despite protests from Stooges fans. For all of their eye-poking and mallet-swinging antics, there was an innocence about the Stooges, who reigned from the Vaudeville '20s until the end of the Swinging '60s, with fitful revivals since. They were fools for the sake of being fools, too stunned to be snide or cynical. This benevolently anarchic spirit remains in The Three Stooges, which makes just two concessions to the modern era: a reality TV subplot involving The Jersey Shore cast and a tacked-on warning to kids that they should leave eye pokes and head bashes to the pros. After an hour of this nonsense, with more than a half hour still to go, you start to feel like a masochist watching three sadists. You see one nose hair being extracted by a hammer claw, you've seen 'em all.
PETER HOWELL

Casa de mi Padre

Director. Matt Piedmont

Stars. Will Ferrell, Gael Garcia Bernal, Diego Luna

●●○○○

Will Ferrell takes risks with his comedy, yet too often settles for material that's more amusing on paper than it is on the screen. Casa de mi Padre is the latest example. Ferrell plays a Mexican ranchero who speaks Spanish as if he were born to the tongue. It's audacious, given the huge resistance of Americans to subtitled films. It's also a good idea. If only it were funnier. Most of the rest of the cast of this hammy drama, a western spoof of cheesy Mexican telenovelas, actually are native Spanish speakers. Supposedly filmed in widescreen "Mexico-Scope," but also filled with deliberately fake animals and props, Casa de mi Padre gets by on Ferrell's abundant good cheer, his Berlitz Spanish and his willingness to make himself the joke.
PETER HOWELL

Joshua Jackson

Diane Kruger

Tres romantique! Jackson and Kruger falling for France

Joshua Jackson and Diane Kruger are settling into life living in Paris, and they couldn't be happier, the Fringe star tells People magazine.

"The most romantic thing about Paris for me is just walking around and being imersed in the city," Jackson says.

"Because Diane has lived there for so long and we have an apartment there, the most romantic part of our day is waking up in our own neighborhood and going down to a cafe and just having breakfast — which is a really quotidian thing to do, but to do it in that city is pretty nice."

Twitter

@driverminnie
We are writing and performing a play in 24 hrs. We are in hour 18. I feel vaguely nauseous and wish now that I'd gone to university

@_juliannemoore
umm #the knicks the way things are going why not just have ME on the team. Old ladies are great point guards.

@AlbertBrooks
Breaking News: Romney promises to release more tax returns as soon as he can get the guy from Luxembourg on the phone.

@RyanSeacrest
Craving ice cream. Had to stop for a blizzard, butter finger Heath bar flavor.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who dumped who on American Idol?

MONICA WEYMOUTH
scene@metronews.ca

When Jennifer Lopez and Steven Tyler announced they were leaving American Idol last week, both stars cited their busy, rewarding lives.

How could they continue to judge a reality show when they had babies to take care of and devoted fans to entertain?

But there might be a much easier explanation here: money.

According to TheWrap.com, Lopez was actually let go when she asked for a $2 million raise and Fox "surprised her" by declining to make a counter offer. During an appearance on Monday's Good Morning America, the singer hinted that it wasn't exactly a tidy break.

"I love them, they love me, and it's hard when I feel like I should move on," she said of the split. "I don't know, I don't know if it's even done yet … I know that I'm moving on."

As for Tyler — who, like Lopez, spent two seasons on the show — the network decided not to renew his contract as it looks to revamp the struggling show's format, a source tells TheWrap.

Sure it's embarrassing, but don't sweat it, guys. Most of us get fired over far less money and have never known the joy of giving Ryan Seacrest an exit wedgie.

It's all in her head: Haircut nothing short of shocking for Hathaway

Anne Hathaway ALL PHOTOS GETTY IMAGES

Anne Hathaway is enjoying the ultra-short haircut she's sporting from filming Les Miserables, but it definitely took some getting used to.

"I wasn't expecting it to be such a big deal, because it was my idea," she tells Kelly Ripa during an interview. "I've now done backflips out of windows, I've jumped off buildings, and cutting my hair reduced me to, like, mental patient-level crying. I was inconsolable."

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3 LIFE

Beach body pilates plan

Workout. Yogi David Romanelli tells us why it's time to switch off the devices and connect to you.

ROMINA MCGUINNESS
Metro World News

Is her BlackBerry is hidden under the mat? CONTRIBUTED

Do you go on holiday, taking a break from the hustle and bustle, but spend most of the time updating Facebook and sharing Instagram photos? New York based Yogi David Romanelli is worried for your soul. "Technology is just like sucking on a cigarette, it's just as addictive and bad for us," he tells Metro. "Gadgets are a bad habit. We have less capacity to experience and remember memories using a machine than we do through our five senses."

Peel yourself away from technology, he recommends. To do so, Romanelli suggests setting aside one moment in the day (aside from sleep) and doing something completely disconnected from your usual routine.

"Take a Yoga or Pilates class and let this be a moment when you have no desire to reach out for a buzzing gadget," he says.

"Our mind is a spoiled brat that's used to having complete control over our body. It's important to stop thinking once in a while and tap into something within us that's more powerful than our thoughts, whatever that is. This 'thing' doesn't have to be spiritual, it can also be emotional or physical."

At the start of the class, your mind will be kicking and screaming to take over your body but you have to get past that moment and be in the present, explains Romanelli.

Yoga and Pilates are exercises that help you trigger sensations and get back in touch with your body.

"No app in the world can replace smell or touch or improve emotional connections," he adds.

So, even if it's just for a moment — stop functioning and get back into your body. Our beach Pilates sequence is the best way to start doing just that.

The workout

How to do the Beach Body Pilates Workout:

"This will tone all your trouble spots: bra bulge, triceps, hips, abs, waist, thighs and buttocks. You will stand taller, feel lighter and be leaner. Commit to this workout for up to 20 minutes, five days a week and within weeks you'll look amazing," says Metro's Pilates expert Kristin McGee.

As you go through each move, keep the six fundamentals of Pilates in mind: Centering, concentration, control, precision, breath and flow.

1. 100s:

Lying on your back with your entire spine pressing in to the mat, lift your legs up in the air to a tabletop position and engage your lower abdominals.

Stretch your arms forward as you lift your head and neck up off the mat. Gaze at your belly button and extend your legs out to a 45 degree angle.

Start pumping the arms up and down, breathing in for 5 pumps, and out for 5.
Reps:10
Works: core, hips, buttocks, arms and thighs

2. Criss-cross

Keep your hands behind your head, elbows open to the side and bring your knees to a tabletop position. Lift your head and neck up and cross your right elbow towards your left knee as you extend your right leg long 45 degrees.

Now switch, bringing the left elbow to the right knee as you extend the left leg. Make sure you keep your abs engaged and reach your elbow outside of the bent knee.
Reps: 10
Works: core, inner and outer obliques, hips, shoulders arms and thighs

3. Ballerina butt lifts

Swing your legs around and lie down on your belly. Place your forehead in on top of your hands with your elbows wide to the side. Bend your knees and press the heels together, turning the toes out to the sides.

Engage your buttocks, hamstrings and lower back and press your heels up to the ceiling lifting your knees off the mat. Make sure your tailbone stays long and you keep your lower abdominals engaged to protect your lower back.
Reps: 12
Works: lower back, abs, hips, buttocks and hamstrings

4. Swan

Extend your legs long and reach your arms overhead. Engage your lower abdominals and back and lift everything up off the floor keeping your head in line with your spine. Imagine you are being pulled apart from end to end. Hold for 3 breaths and lower down.
Reps: 3
Works: the hamstrings

Fitness pick

Slim line leggings

Celebrity trainer Tracy Anderson's slimming leggings are the perfect solution if you want to workout out looking and feeling your best. Inspired by her Metamorphosis workout program each model focuses on a specific problem area: the hips, glutes, thighs, or abs. Designed to tighten and tone (they nicely pull everything in) you'll never feel self conscious during a workout ever again. If Sofia Vergara wears them — and she's a walking bomb shell – then we should all follow suit. Get great legs: The Omnicentric leggings are designed for women that gain weight all over.

ROMINA MCGUINNESS/METRO

On the Web

Sports-related eye injuries not uncommon in summer sports but easily preventable

Are You DEPRESSED?
Have you tried taking antidepressant medication for your depression and not been satisfied with your improvement?
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FOR MORE INFORMATION, CALL
604-822-7804
This study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital
UBC
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Mood Disorders Centre

LOOKING TO MAKE A CAREER CHANGE?
Read metrowork every Monday & Wednesday.

Dip your way to a delicious twist on traditional hummus

White Bean and Artichoke Hummus

This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Although there are plenty others out there, this is a very unique twist on traditional hummus! The addition of white beans and artichoke hearts is outstanding.

1. Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt and pepper in the bowl of a food processor. Purée until smooth.

2. Add the chopped cilantro and stir to combine

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 tbsp tahini
- 1 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp finely chopped garlic
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro

Nutritional analysis

How does this dip stack up nutritionally per serving?

- **Calories.** 79
- **Protein.** 2 g
- **Carbohydrates.** 6 g
- **Fibre.** 1.7 g
- **Total fat.** 5 g

Health Solutions

Five hidden fibre gems

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Women need 25 grams of fibre each day and men need 35. On average, we each get 11.

If you are underperforming because you don't know which vegetables are highest in fibre, fret not, mystery solved.

Here is your cheat sheet of the veggies that get you much closer to the fibre finishing line.

Collard Greens

The powerhouse of the south, these huge, dark green elephant ear leaves need a chop and a quick simmer to render them soft enough to eat. Salt, pepper, butter and enjoy.
Total: 10 grams of fibre

Spinach

You know your massive spinach and strawberry salad? Cook it down with a drizzle of olive oil. It's easier to eat the required amount and renders the nutrients more available to your body.
Total: 9 grams of fibre

Sweet Potato

Mashed. No skin. Delicious as is but a drop of balsamic vinaigrette can't hurt.
Total: 11 grams of fibre

Baked Potato

The secret is: You have to eat the skin. Try not to undo all your good work with too much sour cream.
Total: 28 grams of fibre

Avocado (1/4 raw)

Here is your high fat honey, but it is all good fat and worth every nibble. Ever thought about grilling it?
Total: 17 grams of fibre

All amounts are per ½ cup cooked unless noted.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Cherry Bruschetta. A delightful pre-dinner snack with cocktails

1. Heat oven to 190 C (375 F).

2. Trim crusts from bread and discard. Using a rolling pin, roll bread really thinly. Cut each slice into quarters. Lightly oil a 12-cup mini-muffin pan. Press a bread square into each muffin cup. Brush bread with half the oil. Bake until deep golden, 15 to 20 minutes depending on the pan. Repeat with remaining bread squares. Let cool completely on a rack. These can be made up to a week in advance and stored in an airtight container.

3. Pit cherries, then coarsely chop. Place in a bowl. Finely grate lime peel over cherries, then squeeze 10 ml (2 tsp) lime juice over top. Stir in remaining oil, garlic and jalapeno. Just before serving, toss with mint, green onion and salt.

4. Spoon a heaping teaspoon (about 7 ml) cherry mix into each bread cup. Garnish each with a tiny sprig of mint. THE CANADIAN PRESS/ CALIFORNIA CHERRIES

Ingredients

- 6 slices white sandwich bread
- 10 ml (2 tsp) olive oil, plus extra to oil pan

Savoury Cherry Topping

- 250 g (1/2 lb) fresh cherries
- 1 lime
- 10 ml (2 tsp) olive oil, divided
- 1 large garlic clove, minced
- 1 small jalapeno pepper, minced
- 30 to 45 ml (2 to 3 tbsp) slivered fresh mint or basil
- 1 green onion, thinly sliced
- 1 ml (1/4 tsp) salt
- Mint sprigs, for garnish

Cool down your meal with a Chilled Mint Soup to start

1. Using a vegetable peeler, peel skin off cucumbers. Cut cucumbers in half lengthwise. Using a teaspoon, scrape out all the seeds in the centre. Discard seeds and skin. Cut cucumbers into chunks.

2. In a blender, in batches if necessary, combine cucumbers, apples, ginger and mint leaves and puree until smooth. If necessary, stop blender to scrape down ingredients from sides of blender.

Ingredients

- 2 English cucumbers (each about 375 g/12 oz)
- 2 Granny Smith apples or other tart apples, cut into chunks
- 15 ml (1 tbsp) finely chopped peeled ginger root
- 20 fresh mint leaves
- 500 ml (2 cups) plain 2 per cent yogurt
- 125 ml (1/2 cup) 35 per cent whipping cream
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) salt

Garnish

- 50 ml (1/4 cup) thinly sliced onions

This recipe serves six. THE CANADIAN PRESS H/O

3. Add yogurt and cream and purée until soup is homogenized. Add lemon juice and salt and puree to mix.

4. Pour into a bowl, cover and refrigerate for at least 2 hours until chilled. Prior to serving, chill 6 serving bowls in the fridge.

5. Stir soup to blend. Pour soup into chilled bowls and sprinkle sliced green onions over top of each serving.

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Getting hitched? Consider a pre-nup

What's at stake. A pre-nup makes sense for Canadians getting married later in life who have accumulated assets and debt

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are marrying later in life, a pre-nup might be a good idea. ISTOCK IMAGES

Two years ago my husband and I purchased property in Florida, taking advantage of depressed prices, the strong loonie and low interest rates.

The day before flying south to close, our lawyer called and told us the deal might be on the rocks.

Turns out the seller's ex (they were married less than three months) refused to sign off on his share of the property. Though the woman had bought it years before they got married, Florida law supported his matrimonial rights to the small farm.

We did end up closing the deal, but had the seller insisted on a pre-nuptial agreement waiving hubby-to-be's property rights, the problem would have been avoided.

Pre-nups make sense because Canadians are getting hitched much later in life.

In 1972 the average age at first marriage was 22.5 years for women and 24.9 for men, according to Human Resources and Skills Development Canada. By 2008 first-time brides were 29.1 years old and grooms just over 31.

Those who marry at an older age usually have accumulated significantly more assets and/or debt than those who are younger.

For this group there is a lot at stake, especially when you consider that 40 per cent of all marriages end in divorce.

If you are marrying later, a pre-nup might be a good idea. Such agreements are fairly common for second and third marriages, but first-timers often feel squeamish talking about money, let alone a pre-nup.

More info

Visit boomerandecho.com/is-a-prenup-really-necessary/ for more pre-nup information.

Do you need a pre-nup?

Four areas of concern:

- **Business.** If you own one, especially if you have a partner, excluding it from community property could make sense.
- **Inheritance.** Especially if there are children, consider segregating all or a portion.
- **Education.** Frequently one person delays their training or education to support the one who is studying. A pre-nup can even out income post-divorce or pay for the supporting spouse to pursue their studies.
- **Debt.** Nothing could be worse than having to share a-soon-to-be-ex's big load of debt. In a pre-nup, you can state which debts are to be shared and which are individual responsibilities.

The cost of summertime fun: Zilch, zero, nada

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I spent last Sunday afternoon watching my best friend compete in horse jumping at Spruce Meadows, a world-class equestrian facility just south of Calgary.

The weather was beautiful, the competition lively and the laughter infectious as families and friends picnicked and shared the experience. Amazingly, the cost for those attending was zilch … zero ... nada! That's my kind of activity.

Check out what's happening in your city by looking online at community websites and newsletters. Many festivals, sporting events, plays, lakes and outdoor parks are free to attend. Plan picnics, hike, bike and take advantage of recreational passes to pools and other city-run amenities. Host friends and family at a pot-luck barbeque and game night.

If you have a family, enroll your children in free literacy programs at your local library. Having worked at the public library for four years while going to school, I can vouch for these programs, which often include face-painting, arts, crafts, reading, plays, movies and the occasional outdoor excursion.

Fun for less

Many festivals, sporting events, plays and parks are free to use. Plan picnics, hike, bike and use passes to pools and other city amenities.

Use Groupon.com or other coupons to buy discounted family passes to movies, local museums, the zoo and amusement parks.

Rethink your holiday. If flying to London for the Olympics is out of your budget, vacation closer to home.

Plan a picnic or host a potluck or BBQ at a local park. ISTOCK IMAGES

Keep on the lookout for last-minute deals like Westjet's Blue Tag events or use websites like Hotwire.com. Look through your account statements to see where you've collected loyalty points. Cash your points in for free flights, car rentals, train tickets and accommodations.

Get your car tuned up and hit the highway to a nearby vacation destination. Target a place outside a major hub where accommodations are less expensive, such as a bed and breakfast or campground.

Better yet, stay with family and friends or swap your house through a website like houseexchange.com or homelink.org.

Alternatively, save your travel for the off-season and enjoy the summer weather right here at home. You'll benefit from reduced rates on just about every aspect of your travel.

FOLLOW LESLEY ON TWITTER @LESLEYSCORGIE

Financial Basics is an interactive workshop that covers key aspects of money management. ISTOCK IMAGES

Teaching financial basics to kids has never been easier

Many parents want their children to learn the principles of sound money management so they can make the best financial decisions later on.

But parents don't always have the knowledge they need to guide their children. So parents will be happy to learn that there are tools available to help their kids learn the basics of personal finance.

Financial Basics is an interactive, hands-on workshop developed by the Financial Consumer Agency of Canada (@FCACan), in collaboration with the Investor Education Fund of Ontario and journalist and author Ellen Roseman.

Its objective content is provided at no cost and deals with expenses, credit debt management, saving, investments and fraud prevention.

The workshop covers all key aspects of personal money management.

Designed by subject matter experts, this basic, easy-to-use workshop can also be used by post-secondary educational institutions, community organizations and employers.

Financial Basics includes varied workshop materials (such as participants' handbooks), making the content easy to teach and tailor for different audiences.

Materials can be downloaded or ordered at no cost from itpaystoknow.gc.ca. NEWSCANADA

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4

SPORTS

Quoted

"It's exciting to come back to a ballpark I've known as home for a long time. It's exciting to face some of my teammates that I've only faced in live (batting practice)."

Chicago third baseman Kevin Youkilis on Monday, upon returning to Boston for the first time since being traded by the Red Sox to the White Sox on June 24. He didn't want to talk about his relationship with Boston manager Bobby Valentine. In April, Valentine questioned Youkilis's commitment in his weekly television interview and then apologized to him a day later.

"I don't understand why this is a big rift. I'm just here to play baseball and things will happen. There's no Bobby V. versus Kevin Youkilis or vice-versa. It's the Chicago White Sox against the Boston Red Sox and just playing baseball."

Kevin Youkilis

Mobile sports

A few months ago, Jeremy Lin was the hottest sports story in North America after arriving out of nowhere to give an injury-ravaged New York Knicks club a huge mid-season boost. Now the Knicks must choose between putting up big bucks to re-sign the popular point guard or watch him leave for Houston. Scan the code for the story.

The Vancouver Whitecaps' newest player Kenny Miller, centre, tries on the team's jersey as team president Bob Lenarduzzi, left, and head coach Martin Rennie look on at BC Place in Vancouver Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Whitecaps calling for Miller time

MLS. Blue and White hope 32-year-old Scottish striker can add offensive punch

Kenny Miller left little doubt about his loyalty to the Vancouver Whitecaps after he joined the Major League Soccer club Monday.

"There isn't any option for me," Miller said during a news conference at BC Place. "I wanted to make this move."

The Whitecaps acquired Miller, who is the captain of the Scottish national team, from Cardiff of England's second-tier League Championship. Terms of the deal were not disclosed.

Miller said he had been contemplating a move to MLS for some time. The 32-year-old striker scored 11 goals in 50 games last season with Cardiff.

He joins a Vancouver side in need of offensive punch. Coach Martin Rennie, who also hails from Scotland, continues to look for more goals for his offensively challenged club.

Miller became expendable in Cardiff after the Wales-based squad signed Slovenian international striker Etien Velikonja. Rennie said the Whitecaps were contacted by Miller's agents, and the striker indicated Cardiff helped arrange the deal.

More to come?

Rennie hinted that more moves could be made before the international transfer window closes.

- "We are always building the squad with the long term in mind, and the window is still open," Rennie said.

Miller has 187 goals in 547 career club matches and is one of only five players after the Second World War to play for Glasgow rivals Rangers and Celtic.

The Whitecaps (8-6-6) have scored just 21 goals to date heading into Wednesday's home game against the Los Angeles Galaxy.

While Jamaican rookie striker Darren Mattocks has stood out with a club-leading six goals, Brazilian striker Camilo and French counterpart Eric Hassli have been inconsistent after ranking among league leaders with 12 and 10 goals, respectively, in 2011.

"We haven't scored quite as many goals as we would have liked," said Rennie. "So we wanted to get a little bit more proactive going forward. And when the opportunity came up to sign Kenny Miller, we really were excited to do it."

THE CANADIAN PRESS

NHL. Green remains a Capital after 'long process'

Mike Green re-signed with the Capitals on Monday. GETTY IMAGES FILE

The Washington Capitals didn't wait long to make Mike Green a better offer.

The Capitals signed the defenceman to a $18.25-million US, three-year contract on Monday. The move comes a day after Green rejected a $5-million, one-year qualifying offer from Washington and became a restricted free agent.

Green will earn $6 million in 2012-13 and 2013-14 and $6.25 million in 2014-15 after playing just 81 games over the last two injury-plagued seasons.

"It's been a long process," Green said in a conference call. "Negotiations started early in the year then obviously with the setback of the injury we were going to wait. And then wait after the playoffs, then after the draft, then after free agency, so it's been pushed back."

Quoted

"It was unfortunate the last couple of years that I've suffered through some injuries, but I believe that I'm over them. I think I've got them all out of my system."

Mike Green

The 26-year-old Calgary native has seen his production drop over the last two limited seasons. He played just 32 games in 2011-12 due to a groin injury and had three goals and four assists.

The Capitals are gambling Green can get healthy and return to his previous form, which saw him break the 70-point plateau in the 2008-09 and 2009-10 seasons. He has reached double digits in goals three times, including a 31-goal season in 2008-09.

THE CANADIAN PRESS

Sports in pictures

1 MLB. Reds' Votto out for up to a month

Reds first baseman Joey Votto will have surgery to repair torn cartilage in his left knee, sidelining him for three to four weeks.

The 2010 National League MVP hurt the knee in late June but kept playing. He had a medical exam Monday evening that detected the injury.

THE ASSOCIATED PRESS

2 CFL. Als take care of head coach Trestman

Marc Trestman looks to be settling in for a long stay as head coach of the Montreal Alouettes.

Owner Bob Wetenhall announced Monday that Trestman's contract, which was due to expire at the end of this season, has been extended by four years. THE CANADIAN PRESS

3 NBA. Heat taking their talents to China

The NBA champion Miami Heat will play two pre-season games against the Los Angeles Clippers in China this fall.

The teams will meet Oct. 11 in Beijing and Oct. 14 in Shanghai.

THE ASSOCIATED PRESS

U.S. President Barack Obama talks with his former personal aide Reggie Love at an exhibition game between the U.S. and Brazil on Monday night in Washington. The U.S. won 80-69. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Obama isn't buying Bryant's Dream Team comparisons

Basketball. U.S. president — and Air Jordan fan — says '92 team has edge over current crop of talent

Add U.S. President Barack Obama to the list of people who disagree with Kobe Bryant's boast that this year's USA Olympic basketball team could beat the Dream Team of 1992.

"This is a generational thing," Obama said during a halftime interview with ESPN2 as it broadcast an exhibition game between the U.S. and Brazil Monday in Washington. "I was around in '92, I was a Bulls fan, so I've got to go with the original Dream Team."

Quoted

"You know Kobe's a competitor, so you expect him to do a little trash talking whenever the opportunity arises."

U.S. President Barack Obama

Bryant said recently that this team — deep and athletic with the likes of Bryant, LeBron James and Kevin Durant — would even beat the 1992 lineup. Its members included hall-of-fame players Michael Jordan, Larry Bird, Magic Johnson, Charles Barkley, Patrick Ewing, Scottie Pippen and Chris Mullin.

"I suspect that Michael and 'Sir Charles' and others would point out they were probably never down at any point in any of their games," Obama said. "But this is a great team, unbelievable talent."

THE ASSOCIATED PRESS

Security

Jobs in jeopardy after guard shortage

The chairman of G4S has indicated that senior managers may be in danger of losing their jobs following the security company's failure to recruit sufficient staff for the Olympic Games.

The Financial Times on Monday quoted company chairman John Connolly saying "it would be right to consider whether any members of the senior team are best placed to take the company forward."

Britain is calling in 3,500 troops to cover the positions G4S could not fill. The company said Monday its loss on the contract would range between 35-million and 50-million pounds ($55 to $124 million US) in this financial year.

THE ASSOCIATED PRESS

Git 'er Done. Olympian releases 'Jon Canadian' video ahead of Games

Skeleton racer Jon Montgomery felt the love from Canadians when he made his famous celebratory walk with a jug of beer at Whistler Village after winning Olympic gold.

Now he wants to do his part to inspire Canadians to support the country's summer Olympians.

Montgomery has released a "Jon Canadian" online video in the spirit of a popular beer commercial from over a decade ago. The original Molson ad featured "Joe," an average guy who ranted about Canadian culture.

Montgomery is in all his Canuck glory over the 83-second piece, titled "Good Luck and Git'er Done in London."

He reflects on how the 2010 Games changed the country and does it with the same guy-next-door demeanour that Canadians found so endearing two years ago. Montgomery hopes the video will get people excited and give the Canadian team a boost ahead of the London Games. THE CANADIAN PRESS

Jon Montgomery at the Vancouver Olympics in February 2010. GETTY IMAGES

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Van Beilen riding wave of momentum to London

Swimming. Oakville teen believing in her ability after strong showing at Olympic trials in Montreal

When Tera Van Beilen was nine years old, she did what most nine-year-olds do when left to their own devices.

Nothing.

Oakville's Van Beilen was a hyperactive, sporadically sporty kid, but her parents thought she could use some athletic direction.

"I was sort of going through a chubby phase," Van Beilen says, chin tucked in to her chest and smiling shyly.

They took Tera to a local club for swimming lessons, half-hoping she'd like it. She was the family's most enthusiastic user of the backyard pool.

This wasn't a Eureka moment. Tera liked swimming enough to make it a regular thing.

But through grade school it remained a hobby and a physical outlet, rather than an obsession.

Today, 18-year-old Van Beilen is headed to the London Olympics, a surprise medal contender in the 100-metre and 200-metre breaststroke.

Genetics might have something to do with this. Her uncle, Wayne Van Dorp, played for the Blackhawks and the Penguins. Her cousin, Joel Reinders, is an offensive tackle with the New York Giants.

"He's the one protecting Eli Manning. Or is it Peyton Manning? I'm not sure. One of the Mannings," Van Beilen said.

Like her gargantuan cousin, Van Beilen's progression is proof to parents everywhere that a child can master a sport without sacrificing every other thing it means to be a child.

"They let me have swimming and still have school. I had both worlds," Van Beilen says.

Right into high school, Van Beilen played other sports. It wasn't until age 15 that she made swimming her focus.

A great many athletic stories — both amateur and pro — start precociously early and are filled with nothing from then on but practice and competition.

In an extreme example, 10-year-old Alexander Ovechkin played in a hockey tournament the day after his brother died.

Van Beilen went to a regular school — Oakville's Kings Christian Collegiate — rather than a sporting academy. On Friday nights, she watched Say Yes to the Dress with her mom. She went out with friends on Saturdays. She attended the birthright of all typical teens — the prom.

Even after swimming became her job, she treated it like one — a Monday-to-Friday thing. However, it was an exhausting Monday-to-Friday thing.

She was cut a few breaks at school. Teachers would occasionally let her go out to her car and sleep through a class. Her mother, Sharon, an administrator at the school, set up a quiet room for Van Beilen to nap through her spares.

She graduated last year.

TORSTAR NEWS SERVICE

Time of her life

At the Olympic trials in Montreal in March, Van Beilen qualified for the 100-metre, placing second, a mild surprise.

- But in the 200-metre final, she pushed third-place finisher and current world record holder Annamay Pierse off Canada's Olympic team. Her time of 2:24:03 was, at that point, the second-fastest time in the world this year.

Tera Van Beilen, seen here at her family home in Oakville, Ont., will swim the 100 and 200 breaststroke events in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

Host effect. U.S. study predicts Britain could win 62 Olympic medals

A U.S. study has predicted that Britain will easily beat its goal of winning at least 48 medals, including 25 golds, at the London Olympics.

The Tuck School of Business at Dartmouth released a study Monday, which calculated that competing on home turf could be worth an additional 15 medals for the British team over the 47 it won at the 2008 Beijing Olympics.

The study's predictions of a possible 62 British medals — giving the host nation the fourth-highest overall medal prediction — are in line with bets being offered by London's usually savvy bookmakers.

Even better for the British athletes, Tuck underestimated the U.K. medal total in 2000, 2004 and 2008. If that trend continues, the medal haul could be higher this year.

The study predicts the U.S. will get 103 medals, followed by China with 94 and Russia with 67. THE ASSOCIATED PRESS

By the numbers

542

The biggest delegation at the London Olympics will be in red, white and blue. The Union Jack variety, though. The United States will only have the second-biggest squad in London, with 530 competitors, while the British will have 542 athletes.

Record arrivals

Heathrow Airport has its busiest day

The opening ceremony is still 11 days away, but for many in London, the Olympics really got started Monday.

Heathrow Airport had its busiest day ever as thousands of athletes — from Dutch beach-volleyball players to South Korean gymnasts — landed with their javelins, bicycles and sails, and moved smoothly through customs.

Motorists grappled with new traffic lanes painted with the Olympic rings and reserved for only official vehicles and dignitaries. At least one American athlete tweeted that his bus got lost on the way from Heathrow.

Smart-looking sailors guarded the gates to Olympic Park, looking so cheerful that visitors would never guess they had been pulled off leave only a few days ago to fill an embarrassing security gap when a private contractor failed to provide enough personnel.

And as the Olympic flame made its way beside the seaside in the resort of Brighton, organizers revealed plans for its arrival later this week in London. How's this for an entrance: A Royal Marine carrying the torch will slide down a rope from a helicopter into the Tower of London.

There was a feeling of Olympian scale at Heathrow — the airport was handling some 236,955 arrivals and departures Monday, breaking the record of 233,562, set on July 31, 2011. THE ASSOCIATED PRESS

Expectations tempered for Canadian track and field

The Canadian Olympic Committee has set a goal of finishing among the top 12 countries in the overall medal standings at this summer's London Games. Here's a look at the Canadian track and field team's medal potential.

Past results

Priscilla Lopes-Schliep won bronze in the 100-metre hurdles for the country's lone medal in Beijing and Canada's first in Olympic track-and-field since the 1996 Atlanta Games. The Whitby, Ont., hurdler would have been one of Canada's top hopes in London, but in a stunning upset at the Olympic trials, she stumbled on a hurdle and didn't make the team. Athletics Canada head coach Alex Gardiner says the team is still gunning for two to three medals, but the absence of Lopes-Schliep makes one medal more realistic.

Dylan Armstrong, Kamloops, B.C.

He's been on the rise since missing a shot-put medal by less than a centimetre at the Beijing Games. The 31-year-old from Kamloops, B.C., was ranked No. 1 in the world last season, and captured silver at the world championships.

Jessica Zelinka, London, Ont.

Jessica Zelinka was fifth in the Olympic heptathlon four years ago, but her Canadian-record performance at the trials has her ranked No. 4 in the world. The 30-year-old from London, Ont., will also race the 100-metre hurdles and is Canada's fastest entry in a race in which anything can happen.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Mars in your opposite sign of Libra will make partners and work colleagues more assertive today but that's OK as you know both how to give it and take it. Stand up to them if you want their respect.

♉ Taurus
April 21 - May 21
Don't waste time on trivial matters. You have plenty of energy at your disposal but that does not mean you should waste it. The more you focus on essentials today, the more you will benefit — financially and emotionally.

♊ Gemini
May 22 - June 20
Try not to worry about recent disappointment. Even if they set you back in your plans, you will more than make up for them over the next four or five weeks. Your motto must be: Know what you want and believe you can get it.

♋ Cancer
June 21 - July 22
What seems wrong with your world at the moment is no big deal. Remind yourself occasionally that most of the things you get uptight about are of no real significance. Look at your life from a higher perspective.

♌ Leo
July 23 - Aug. 22
Invitations of one kind or another will come thick and fast over the next few days. If you don't seem to have time to enjoy yourself, it can only be because you are working too hard. Cut back on your commitments.

♍ Virgo
Aug. 23 - Sept. 22
The most important thing now is that you keep the momentum you have built up going. Follow through on what you have started and don't allow yourself to be distracted by petty people and meaningless events.

♎ Libra
Sept. 23 - Oct. 22
Mars in your sign, allied to Jupiter today, gives you the self-belief you need not only to start new projects but to follow through on them in the face of opposition from rivals and doubters. You can make them work.

♏ Scorpio
Oct. 23 - Nov. 21
There seems to be a lot of noisy people in your neighbourhood at the moment. But are they really more loud and annoying than usual or are you in one of your sensitive moods? Probably the latter, so stay calm.

♐ Sagittarius
Nov. 22 - Dec. 21
Mars in the friendship area of your chart makes this the ideal time to get involved in causes and movements that are close to your heart. Do more than just sign your name to the latest petition then forget about it.

♑ Capricorn
Oct. 23 - Nov. 21
Cosmic activity in the career area of your chart will give you a much-needed boost. Be assertive, be ambitious and be determined to succeed, even if you have failed a dozen times before. You'll get it right this time.

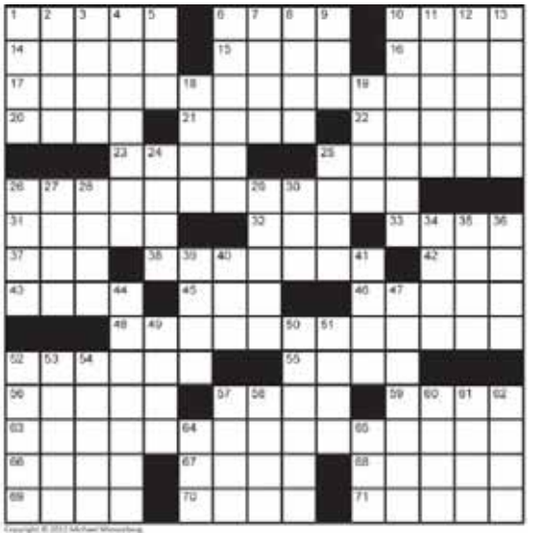
♒ Aquarius
Jan. 21 - Feb 18
You will stop at nothing to get the thrills and excitement you crave, even if you have to travel far away from home to get them. Today's Mars-Jupiter link makes you adventurous in the extreme. Watch out world.

♓ Pisces
Feb. 19 - March 20
The more other people promise you today, the more likely it is they will let you down or, worse, try to use you for their own ends. Do nothing unless you know for certain it won't cost you any money.

SALLY BROMPTON

Crossword: The Canadian Experience

BY MICHAEL WIESENBERG



Across
1. See 52-Across
6. See 37-Across
10. Nanaimo ___: distinctive Can. treat
14. Throw for ___: surprise
15. Toss ___: roll one
16. Early Roman emperor who served only 3 months
17. Get high on Canada from here
20. *Clan of the Cave Bear* author Jean
21. Odo reset setting
22. Find ___ for: pair with
23. Big name in corn syrup
25. Forewarns
26. While Canada is stereotypically known for cold winter, this is a better representative
31. Nativity
32. Beluga output
33. Canada's largest telecommunications company
37. With 6-Across, popular Canadian sweet dessert spirit
38. Homo follower
42. Center or cycle prefix
43. Nintendo rival
45. CNR's passenger subsidiary that became a separate Crown corporation in 1978
46. Surpluses
48. Popular dish known in PQ as Pâté Chinois
52. With 1-Across, sugary pastry confection
55. Biblical Rachel's sister
56. Avant-garde novelist Nin
57. Bland
59. Beginning with
63. World's largest outdoor show
66. Edmonton Symph., e.g.
67. ___ noire: frightful thing
68. Louis Riel's people
69. GPS part
70. "Rats!"
71. Court order

Down
1. "Toodle-oo"
2. Jesus on the field
3. Cowboys at 63-Across often hold this
4. Trunk item
5. Tanning letters
6. Cries at 63-Across
7. Gram or graph preceder
8. Featured singer on Velvet Underground's debut album
9. After dusk, poetically
10. Gen-Xers' parents
11. Engaged in a battle
12. "Frankly, my dear..." utterer
13. Hurting spots
18. Ripped
19. It might be tall
24. What dentists hear a lot of
25. Final word
26. Bird associated with the Nile River
27. Cannes neighbor
28. Small amount of residue
29. With 34-Down, unctuous *David Copperfield* character
30. A Stooge
34. See 29-Down
35. All Fools' Day: abbr.
36. Like an owl, proverbially
39. State
40. Archie Bunker's "name" for Edith
41. Canadians call it pop
44. ___ a drum: comparably tense
47. Like flights of Canada geese
49. "___ Rebel": #1 tune of 1962
50. Exuberant
51. C&W's McEntire
52. Flavored soy bits introduced in 1966 by General Mills
53. Acting on a single number, mathematically
54. After-shower powders
57. One changing colors
58. Alphabetic quartet
60. Org. probing for outer-space life
61. Like Keats' poetry
62. Big celebration
64. BMO competitor
65. Fr. lady

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		5				9		
		2	1		5	8		
6				8				2
	1	4	6		8	7	3	
	3	9	7		2	6	8	
7				1				9
		1	4		7	5		
		6				4		

Yesterday's Sudoku

4	9	8	6	1	2	7	3	5
6	7	1	4	3	5	9	2	8
3	2	5	9	7	8	4	6	1
9	3	2	8	6	1	5	4	7
5	1	7	2	4	3	8	9	6
8	6	4	5	9	7	2	1	3
2	5	3	1	8	4	6	7	9
7	8	6	3	2	9	1	5	4
1	4	9	7	5	6	3	8	2

Yesterday's Crossword

What's online

- **Stumped?** Find the answers at metronews.ca/answers.
- **MetroTube.** We scour the Internet to bring you the best videos out there, at metronews.ca.

Today
25°/17°
Partly cloudy
Wednesday
21°/15°
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40%
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